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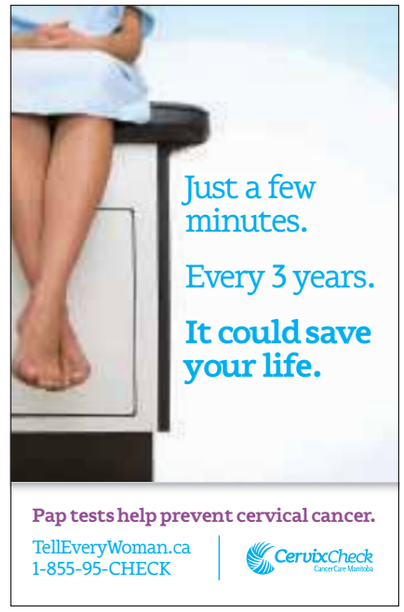

Judy Wasylycia-Leis and Brian Bowman are in a statistical dead heat according to a new poll.
SHANE GIBSON/METRO

Poll: Bowman, Wasylycia-Leis neck and neck

Bowmentum. Mayoral candidate jumps to 38% in latest survey; Steeves drops to 9% — but doesn't believe results

Quoted

"It really demonstrates what we've been feeling for a number of weeks, that we've been gaining traction and that there's an appetite for change."

Mayoral candidate Brian Bowman, on surging to 38 per cent in a recent poll

After months of polls showing Judy Wasylycia-Leis with a comfortable lead, a new survey says there might be a real race for the mayor's chair on Wednesday.

The CJOB/Global/Insightrix poll released Monday has Brian Bowman surging to 38 per cent support among decided voters, slightly ahead of Wasylycia-Leis at 36 per cent.

Bowman has gained major percentage points, as he's up from 24 per cent when the two media groups did a poll six weeks ago. Wasylycia-Leis has remained steady, only going down two per cent from 38.

In the new poll, Bowman is leading among men, voters over age 35, and those with household incomes higher than $90,000. Wasylycia-Leis is ahead among women, voters under 35, and people with household incomes under $60,000.

"It's very encouraging. It really demonstrates what we've been feeling for a number of weeks, that we've been gaining traction and that there's an appetite for change," said Bowman.

Wasylycia-Leis said she's not surprised as she expected Bowman to be her main opponent.

"I worked very hard to contrast and compare my policies with his, and I believe Winnipeggers now know the clear choices to them," she said.

Most of Bowman's gain seems to have come at the expense of Gord Steeves, who sunk to nine per cent from 22 per cent in the last poll. For his part, Steeves said he doesn't believe the results.

COLIN FAST/FOR METRO

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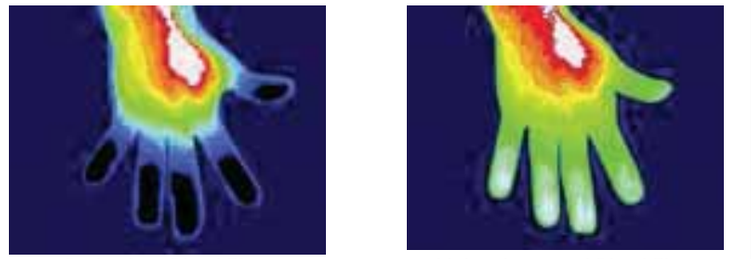

Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

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Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

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Advanced voting sees continued trend up

30,619 ballots cast.
Advance votes cast this year is 1,400 above the previous high mark of 29,216 in 2010

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Advance voting has been going up for the past several elections. THINKSTOCK

The city's top election official is pleased to see another record number of people casting their votes in advance of election day on Wednesday.

Marc Lemoine, senior election official for the City of Winnipeg, said for this election there were 30,619 advance votes cast, which is 1,400 above the previous high mark of 29,216 in 2010.

"We are pleased that we experienced a large turnout at advance polls this year," said Lemoine in an email to Metro.

"In 2010, the strong advance vote translated into a 47.1 per cent turnout, which is large in terms of municipal elections across the country. We are hopeful that the record turnout at advance in 2014 will translate into an even higher overall turnout this year."

The overall number of votes cast in 2010 was 213,321, which, if advanced voting is any indication, should be surpassed on Wednesday.

According to the city's 2010 official election results report, the replacement of 1994-era voting machines in 2009 with newer technology ones allowed Winnipeg "to enhance its advance voting opportunities by expanding the number of city-wide locations at which individuals could vote."

Lemoine said that their goal with advance voting is precisely that: offering choice.

"Our concern is not the numerical value of how many people vote in advance, but rather giving people a choice of voting options and ensuring all voters have an opportunity to exercise their electoral privilege," he added.

Voting need-to-know

Election officials on Monday reminded the public to bring identification with them to vote and announced a venue change for one of the polling stations.

- Due to a fire last week at Kildonan-East Collegiate on Concordia Avenue in E.K., this polling station is moving across the street to the Church of Jesus Christ of Latter-Day Saints, 700 London St.
- As for ID, officials said examples of acceptable documents include one piece of valid government-issued ID with a photo and current address, such as a driver's licence.
- Also acceptable are two documents that "together prove name and current address," such as birth certificates, Canadian citizenship cards, passport, credit or debit cards for names, and for current address, it could be a cheque, health insurance card, credit card statements, utility bill, income tax assessment statement or Autopac vehicle registration.

Ouellette proposes ranked ballot system

If voters were given more choice at election time, then more of them might show up to vote, says mayoral candidate Robert-Falcon Ouellette.

On Monday, Ouellette proposed a ranked ballot system that would allow voters to order their preferred candidates. If no candidate receives more than 50 per cent support, the bottom one is eliminated and their second-choice votes are distributed to the surviving candidates. The process repeats until one person has a majority.

"Under our current, first-past-the-post system, citizens are often in the position of voting against a candidate they don't want, rather than for a candidate they do want," Ouellette said.

"Ranked ballots would allow people to vote their conscience and their hearts, and no one can tell them their vote doesn't count."

The change would require approval from the provincial government. Ontario is considering implementing a ranked ballot for its 2018 municipal elections. COLIN FAST/FOR METRO

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Raid in Maples. Guns, cocaine, cash seized

Several people are facing charges after police found guns, cash and nearly $10,000 in cocaine during a raid at a home in the Maples last week.

The firearms search warrant was executed at a home in the first 100 block of Desharnais Street following a weapons investigation by the police's street crime unit.

But once inside, officers found more than just guns.

As well as a sawed-off 12-gauge shotgun and multiple rounds of ammo, police found 91 grams of powder cocaine, a number of cellphones, a money counter and just over $3,000 in cash.

"When drugs are involved, people are going to be arming themselves," said police spokesperson Const. Eric Hofley of the find. "Unfortunately, the two just go hand in hand."

Mohammed Waquas Arain, 30, and Jordan Colin Connolly, 22, both of Winnipeg, are each facing a number of charges including possession of cocaine for the purpose of trafficking and possession of a prohibited weapon. Three women and another man were also charged in connection to the raid. METRO

Police spokesperson Const. Eric Hofley speaks to media Monday about a raid last week that netted cops guns, cash and nearly $10,000 worth of cocaine. SHANE GIBSON/METRO

Sex crimes

Man charged after woman assaulted on bus

A man is charged after police say a vulnerable woman was sexually assaulted on a city bus earlier this month.

The 19-year-old victim told police she was seated near the rear of a bus around 11 a.m. on Oct. 11 when a man sat next to her and sexually assaulted her.

Police say the man tried to take the woman off the bus with him but another passenger on the bus stopped him.

An investigation led police to arrest a 46-year-old man in the Polo Park area last Thursday. METRO

Wildlife

Vehicle-deer collisions highest in Eastman Region

Manitoba Public Insurance says Manitoba's Eastman Region — including Steinbach, Lac du Bonnet, Anola, the Birds Hill Park area and Falcon Lake — has the highest number of vehicle-deer crashes in the province annually. Data based on stats collected by MPI from 2007 to 2013 released Monday shows there are roughly 1,600 vehicle-deer crashes on roads in the area every year. Overall MPI reports there are about 11,000 crashes between vehicles and wildlife annually in Manitoba. METRO

Infection control professional Lori Fleetwood demonstrates the process of donning protective equipment. Health-care professionals at HSC have trained in such measures in case a patient suspected of having Ebola comes to the hospital. SHANE GIBSON/METRO

HSC unveils Ebola plan

Ready and waiting. Hospital has 10 isolated rooms prepared just in case

SHANE GIBSON
shane.gibson@metronews.ca

If Ebola comes to Winnipeg the Health Sciences Centre wants you to know they're ready.

The hospital — which is the province's designated treatment site should a case of Ebola be confirmed — gave media a tour Monday of a separated ward with 10 specially sealed isolation rooms currently sitting empty and ready to accept patients suspected of having Ebola.

The tour also included a demonstration of how health professionals have been trained to meticulously don and doff multiple layers of protective gear should they be faced with a possibly infected patient.

"What you've seen today demonstrates that we have a really solid plan to manage these patients if and when we receive one," said Helen Clark, Winnipeg Regional Health Authority chief operating officer of emergency response and patient transport. "I'm very confident in what Health Sciences Centre has done to prepare for this."

Dr. Perry Gray, HSC's chief medical officer, said the hospital has given special training to 36 emergency room and intensive care unit physicians and even more nurses in how to properly care for Ebola patients. He said the trained staff is ready to begin round-the-clock care of a patient at a moment's notice.

"With this team, we'll have essentially four individuals dedicated to one patient," he said. "They will have no other patient care assignments, nothing to distract them.… You want your staff to be focused on providing the best care possible."

Gray said the staff has been given two days of special training, and they'll also get a refresher course once a month going forward to make sure they're ready if needed.

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Value Village pulls its 'sexy' Halloween costumes for kids

'It's sick.' Popular thrift store decides to remove some of its children's costumes after criticisms from a mother in Victoria

THANDI FLETCHER
Metro in Vancouver

Value Village will be pulling some children's Halloween costumes from store shelves after a B.C. mom complained the outfits were too sexy for kids.

The U.S.-based thrift store giant announced the move Monday after Victoria mom Raina Delisle wrote an online column, which sparked outrage on social media, about a recent experience at her local Value Village shopping for a firefighter costume for her four-year-old daughter.

"The girls' costume was skin-tight, shiny black fabric and was paired with a fascinator instead of a helmet," Delisle told Metro. "It didn't even look like the real thing."

In contrast, Delisle said the boys' firefighter costume was more realistic, with a bright red jacket, yellow reflectors and a firefighter helmet.

Delisle said she was shocked by the stark difference between the two costumes, as well as many other costumes in the store that were highly sexualized and marketed to girls as young as four.

"It's telling young girls that their bodies are more important than their brains, and that they need to be sexy to be successful," she said. "Boys and men could start to see them as objects and it feeds into the whole idea of objectifying women."

Delisle believes parents have a role to play in choosing costumes for their kids. She said she believes store also has a corporate responsibility.

"It's sick," she said. "These are not just costumes. This is a problem with society."

Victoria mom Raina Delisle was appalled to find a "sexy" firefighter costume for girls as young as four while shopping at her local Value Village.
COURTESY RAINA DELISLE

Diane Sowden, executive director of Children of the Street Society, a non-profit charity dedicated to preventing the sexual exploitation and trafficking of children, said skimpy Halloween costumes are becoming increasingly common for young children.

"It makes light of the issue of sexual exploitation of children and youth," she said. "We all know sex sells, but not on the backs of our children and our youth."

On Monday, Value Village spokeswoman Sara Gaugl said the company selects its Halloween inventory based on feedback and demand from shoppers, but that it would remove the costumes from its stores.

"We've taken the recent comments surrounding certain Halloween costumes sold in our stores very seriously, and as such, are removing this merchandise from our sales floors," Gaugl wrote in an email. "We apologize to those who were offended and as we move forward, we will evaluate all costumes and packaging keeping this specific customer feedback in mind."

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Hit and run. Motorist who hit two Forces members was known to authorities

A 25-year-old man who died from police gunfire after he struck two members of the Canadian Forces with his car had "become radicalized," the Prime Minister's Office said Monday.

"The individual who struck the two CAF members with his car is known to federal authorities, including the Integrated National Security Enforcement Team," from Jason MacDonald, Stephen Harper's communications director, said.

"Federal authorities have confirmed that there are clear indications that the individual had become radicalized."

Harper was briefed Monday afternoon by RCMP Commissioner Bob Paulson; Tom Lawson, the country's top military commander; and national security adviser Stephen Rigby.

One of the two people hit was listed in critical condition, while the other's injuries were described as less serious.

News of the incident surfaced inside the Commons early Monday when Conservative MP Randy Hoback asked Harper to update the House about "unconfirmed reports of a possible terror attack" against two members of the Canadian Forces.

Harper said he was aware of the reports and called them "extremely troubling."

"First and foremost our thoughts and prayers are with the victims and their families; we're closely monitoring the situation and obviously we will make available all of the resources of the federal government," he told the House.

Provincial police spokesman Joyce Kemp said it was "really premature" to speculate on any possible motives.

"We've just started the investigation, so it will take a certain time before we can say it was something accidental or deliberate," Kemp said.

Provincial police spokesman Guy Lapointe said the shooting occurred after the man hit the two pedestrians in the parking lot of a shopping mall and took off. That triggered a chase that ended with the man losing control and his car rolling over several times.

Security sources said the two Canadian Forces members were leaving the local Integrated Personnel Support Unit, a centre providing services to military personnel and their families. THE CANADIAN PRESS

British Columbia

B.C. cop charged with murder in 2012 shooting

A British Columbia police officer has been charged with second-degree murder in the 2012 shooting death of a man in the Vancouver suburb of New Westminster.

Delta Police Department Const. Jordan MacWilliams was officially charged Monday morning, according to the Criminal Justice Branch.

The charge results from an on-duty incident Nov. 8, 2012, where police shot and killed Mehrdad Bayrami after an armed standoff on a paved pathway near the local Starlight Casino. MATT KIELTYKA/METRO IN VANCOUVER

Luka Magnotta trial

PM Harper's chief of staff testifies

Prime Minister Stephen Harper's deputy chief of staff testified at Luka Rocco Magnotta's first-degree murder trial on Monday about the day her office received a parcel containing the foot of victim Jun Lin.

Jenni Byrne was the Conservatives' director of political operations when a partially opened package arrived at party headquarters in Ottawa on May 29, 2012.

Byrne says upon beginning to open the package she sensed something wasn't right and requested that her assistant call 911. THE CANADIAN PRESS

'Very cool find'

Demolition crew unearths anchor

The discovery of an anchor in Halifax's dockyards believed to have belonged to Canada's first naval warship was an event so significant, navy officials abandoned all pomp and circumstance to show off the find.

"I have no prepared script. In fact, we're doing this a bit on the fly," said Rear-Admiral John Newton, commander of Maritime Forces Atlantic, on Monday. "We didn't think we could sit on this anchor, as it was buried for the last nearly 104 years."

Demolition crews unearthed the 900-kilogram, four-metre-long anchor on Oct. 14. RUTH DAVENPORT/METRO IN HALIFAX

This image, taken with a fisheye lens, shows beach-goers cooling off during the Southern California heat wave in September in Huntington Beach, Calif. CHRIS CARLSON/THE ASSOCIATED PRESS

Feeling hot, hot, hot!

Temperature rising. A new mark for global heat has been set, and meteorologists say Earth is now on pace to tie, or even break, the hottest year since scientists started measuring

Earth is on pace to tie or even break the mark for the hottest year on record, U.S. meteorologists say.

That's because global heat records have kept falling in 2014, September being the latest example.

The National Oceanic and Atmospheric Administration announced Monday that last month the globe averaged 15.7 degrees Celsius. That was the hottest September in 135 years of record-keeping.

It was the fourth monthly record set this year, along with May, June and August.

Quoted

"This is one of many indicators that climate change has not stopped, and that it continues to be one of the most important issues facing humanity."

Donald Wuebbles, University of Illinois climate scientist

NASA, which measures temperatures slightly differently, had already determined that September was record-warm.

The first nine months of 2014 have a global average temperature of 14.7 C, tying with 1998 for the warmest first nine months on record, according to NOAA's National Climatic Data Center.

"It's pretty likely that 2014 will break the record for hottest year," said NOAA climate scientist Jessica Blunden.

The reason involves El Nino, a warming of the tropical Pacific Ocean that affects weather worldwide. In 1998, the year started off super hot because of an El Nino. But then El Nino disappeared and temperatures moderated slightly toward the end of the year.

This year has no El Nino yet, but forecasts for the rest of the year show a strong chance that one will show up, and that weather will be warmer than normal, Blunden said.

If 2014 breaks the record for hottest year, that also should sound familiar: 1995, 1997, 1998, 2005 and 2010 all broke NOAA records for the hottest years since records started being kept in 1880.

Some people, mostly non-scientists, have been claiming that the world has not warmed in 18 years, but "no one's told the globe that," Blunden said. She said NOAA records show no pause in warming.

THE ASSOCIATED PRESS

Hawaii

No injuries after family faces shark

A surfer holding his eight-year-old son says he punched and smacked a shark with his board to stop an attack off Maui.

Kaleo Roberson tells the Maui News that he was surfing Saturday with 20 others — including his twin eight-year-old sons and a six-year-old son — off Maalaea when a 12- to 14-foot tiger shark appeared.

Roberson didn't see the shark until it was a few feet away. He remembers a wide-open mouth with teeth coming at him.

No one was injured.

THE ASSOCIATED PRESS

Ecuador

Earthquake strikes border with Colombia

A magnitude-6 earthquake rattled Ecuador's border with Colombia on Monday, shaking low-lying buildings and frightening residents in the sparsely-populated area.

There were no immediate reports of injuries or damage. The U.S. Geological Survey said the quake struck at 3:33 p.m. EDT, had a depth of about 10 kilometres (6 miles) and was centered about 113 kilometres (70 miles) northeast of Quito.

The tremor was felt in small towns on both sides of the border. Officials in the Colombian town of Cumbal, near the quake's epicenter, said they formed an emergency committee to survey possible damage.

THE ASSOCIATED PRESS

Yukon. Woman, 42, succumbs to bear attack near Johnson's Crossing

Yukon's coroner's service says a grizzly bear that fatally attacked a woman had climbed inside her home before chasing her outside and mauling her.

Claudia Huber, who was 42 years old, died of her injuries on Saturday following the attack near Johnson's Crossing, located about 136 kilometres southeast of Whitehorse.

The coroner's service says the family dog started barking when it saw the bear approach the property, alerting Huber's spouse and prompting him to grab his rifle.

The bear climbed through a window into the home and the couple fled, but the bear pursued them and attacked Huber.

The coroner's service says Huber's spouse shot the bear dead and took Huber to a medical clinic, where she died of her injuries.

A necropsy on the bear has been completed, while an autopsy on Huber has been scheduled. CKRW

Edible pot. Too appealing to kids, health officials say

Colorado health officials want to ban many edible forms of marijuana, including brownies, cookies and most candies, limiting legal sales of pot-infused food to lozenges and some liquids.

The Colorado Department of Public Health and Environment told marijuana regulators that many forms of edible marijuana "are naturally attractive to children" and violate the law's "requirement to prevent the marketing of marijuana products to children."

The recommendation was obtained by The Associated Press in advance of a third and possibly final workgroup meeting Monday to draw up rules for identifiable markers or colours for edible marijuana products so they won't be confused with regular foods.

The health department's recommendation, sent to the regulators Oct. 14, would effectively take most forms of edible marijuana off store shelves. The final decision will be made by the Department of Revenue's Marijuana Enforcement Division, which oversees retail marijuana sales.

THE ASSOCIATED PRESS

TRANSIT TUESDAY
Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

WINNIPEG TRANSIT OFFERS REQUEST STOP SERVICE AFTER 7 P.M.

For your safety and convenience, Winnipeg Transit offers request stop service, which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just politely inform your operator at least one stop ahead of the requested stop — then exit at the front door only. Please keep in mind, the operator might not be able to accommodate your request due to road safety concerns.

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Since its inception in 1987, Winnipeg Transit's community relations bus has been providing non-profit organizations an opportunity to promote their activities and events to the citizens of Winnipeg.

Available at no cost and on a first-come-first-served basis, the community relations bus program offers free advertising to help promote the various events and services provided by these groups. Look for the community relations bus and help support this month's featured organizations. Visit winnipegtransit.com for more information. Interested in booking space for your non-profit organization on the CR bus? Call 311.

CONVENIENT DART SERVICE

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DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

Nigeria. 200 abducted schoolgirls may soon be released: Government

There is cautious optimism in Nigeria Monday over local reports that the more than 200 abducted Nigerian schoolgirls may soon be released soon as part of a ceasefire agreement with the country's Islamic rebels, Boko Haram.

However, Nigeria's federal government has not yet provided details on the terms of the truce that was announced on Friday by the military.

President Goodluck Jonathan's government is "inching closer to the release of the Chibok girls," government spokesman Mike Omeri said. THE ASSOCIATED PRESS

Talks to continue

The schoolgirls are "alive and well" and talks to free them will continue this week in Chad, said Omeri.

Killing of girlfriend

Pistorius to hear his fate Tuesday

Oscar Pistorius will finally learn his fate Tuesday when a judge is expected to announce the Olympic runner's sentence for killing girlfriend Reeva Steenkamp. He could be sentenced to years in prison, or to no jail time at all. THE ASSOCIATED PRESS

Indiana

Killings over 20 yrs. investigated

Police investigating the slayings of seven women whose bodies were found over the weekend in Indiana say the suspect has told them that he may have killed people going back 20 years. The suspect is identified as Darren Vann. THE ASSOCIATED PRESS

Nigeria now Ebola-free; 'spectacular success story'

Dr. Fadipe was infected with Ebola and survived. He stands in front of the amount of Oral Rehydration Solution he took. WHO/THE ASSOCIATED PRESS

Had 20 cases. Most populous African country defies the odds receiving WHO praise; 9,000 people altogether have been infected in West Africa

Water laced with salt and sugar, and gallons of the nasty-tasting stuff.

Doctors who survived Ebola in Nigeria credited heavy doses of fluids with saving their lives as the World Health Organization declared the country Ebola-free Monday, a rare victory in the battle against the disease that is ravaging West Africa.

In the end, Nigeria — the most populous country in Africa, with 160 million people — had just 20 cases, including eight deaths, a lower death rate than the 70 per cent seen elsewhere across the stricken region.

Officials are crediting strong tracking and isolation of people exposed to the virus, and aggressive rehydration of infected patients to counter the effects of vomiting, diarrhea and other symptoms.

Nigeria's containment of Ebola is a "spectacular success story," said Rui Gama Vaz, WHO director for Nigeria.

Survivor Dr. Adaora Igonoh said the treatment is not easy. It entails drinking, as she did, at least five litres of the solution every day for five or six days when you have mouth sores and a sore throat and feel depressed.

"You don't want to drink anything. You're too weak, and with the sore throat it's difficult to swallow, but you know when you have just vomited, you need it," she said. THE ASSOCIATED PRESS

Mentoring him could be the start of something big
- like a rise in literacy

start something with a donation of time or money at bigbrothersbigsisters.ca

Big Brothers Big Sisters.ca

Ongoing beef. WTO rules U.S. meat-labelling laws have hurt Canada, Mexico

Canada has won a battle in an ongoing trade dispute with the United States, over meat-labelling laws that have hurt the beef and pork industries.

The World Trade Organization released a ruling Monday that said U.S. country-of-origin labelling (COOL) rules discriminate against exports from Canada and Mexico.

The rules, which went into effect in 2008 and were updated last year, are blamed by the Canadian meat industry for reducing exports to the U.S. by half.

The WTO compliance panel said COOL breaks trade rules because it treats Canadian and Mexican livestock less favourably than U.S. livestock.

The panel said changes the U.S. made to the rules last year made the policy even more detrimental to livestock exporters.

"The compliance panel concluded that the amended COOL measure increases the original COOL measure's detrimental impact on the competitive opportunities of imported livestock in the U.S. market," the panel said. "It necessitates increased segregation of meat and livestock in the U.S. market, entails a higher record-keeping burden and increases the original COOL measure's incentive to choose domestic over imported livestock."

The federal government hailed the ruling Monday and called on the United States to comply with the WTO decision.

"Today's WTO compliance panel's report reaffirms Canada's long-standing view that the revised U.S. COOL measure is blatantly protectionist and fails to comply with the WTO's original ruling against it," Agriculture Minister Gerry Ritz said in a statement.

THE CANADIAN PRESS

Origin story

2008

U.S. country-of-origin labelling (COOL) rules went into effect in 2008 and were updated last year.

Market Minute

DOLLAR
88.62¢ (-0.06¢)

TSX
14,337.77 (+110.09)

OIL
$82.71 US (-$0.15)

GOLD
$1,244.70 US (+$5.70)

Natural gas: $3.67 US (-$0.05)
Dow Jones: 16,399.67 (+19.26)

Dark clouds on horizon

Canada keeps AAA credit rating ... for now

Canada is maintaining its triple-A credit rating thanks to a steady economic outlook, but the country also faces potential risks amid mounting household debt and climbing house prices, the U.S. credit rating agency Moody's Investor Service said in a report Monday. THE CANADIAN PRESS

That cable cord looks good enough to cut, but experts say cutting cable and ordering the content you want à la carte will not necessarily cost less in the long run.
MATT ROURKE/THE ASSOCIATED PRESS FILE

Cord-cutters will still pay the piper

To cut or not to cut?
That is the question many customers are asking these days, but experts warn going à la carte may not be cheaper

Cord-cutters rejoiced last week after HBO and CBS announced plans to sell stand-alone streaming services in the U.S., a move that cable and satellite television providers have resisted for years. Customers tired of paying big fees for hundreds of channels they never watch just to have access to a few favourite shows might be expected to start cancelling cable service in droves. Get Netflix, throw in HBO, add a network here and there — why would anyone sign up now for cable?

Well, don't sound the death knell for cable companies yet.

Some would-be customers may balk when they see just how much it actually costs to pay à la carte. Stations that offer services à la carte will have to pay for marketing that the cable and satellite companies usually cover. Fewer eyeballs on live TV could mean less advertising revenue, since online ads are generally cheaper, and that will boost the network's cost of running the channel.

And smooth streaming costs money: To avoid so-called "throttling" during peak evening viewing times, Netflix buckled to broadband distributors like Comcast and Verizon and paid up so that its streaming service would run at a higher bandwidth and work more smoothly. Those added costs might be passed on to customers. THE ASSOCIATED PRESS

Changing the channel

"The cable business is evolving from mainly selling you a pay TV package to mainly selling you a broadband Internet service."

FBR Research analyst Barton Crockett explains U.S. content and cable companies are going from being worried about content being available on the Internet to being excited about it, as it's a way to get customers to buy their Internet and pay for faster speeds.

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STOP BITCHING ABOUT SKINNY BITCHES

SHE SAYS

Jessica Napier
metronews.ca

In case you've missed it, the booty seems to be having a bit of a cultural moment.

In her insufferably catchy song All About That Bass, singer Meghan Trainor croons about how she's got all the right junk in all the right places. Similarly, rapper Nicki Minaj's Anaconda and Jennifer Lopez's Booty are odes to women with large behinds (and the graphic and ridiculous videos are a whole other story).

The amount of radio airtime dedicated to these tracks is enough to make anyone's ears bleed, but there are also some deeper issues here. First of all, the lyrics focus on looking a certain way in order to earn the attentions of the opposite sex. This is nothing new, of course, but the fact that both Trainor and Minaj use the phrase "skinny bitches" to berate women with small physiques is not something heard very often on Top 40 playlists — until recently.

At first listen, these pop anthems might seem empowering, but the lyrics are written in such a way that celebrates those with certain physical characteristics while excluding and name-calling those who are different. And while it's probably going to take a lot more than a couple of pop songs to overhaul North America's reigning beauty esthetic, we shouldn't be championing a particular physique at the expense of another.

And yet there's an increasing amount of disdain in our modern-day beauty rhetoric for those who are skinny. Former model Katie Willcox founded her body-positive website Healthy is the New Skinny, in response to her own issues with the modelling industry and the pressure she felt to lose or gain weight in order to look a certain way. Willcox was told her natural Size 8 frame was too large for regular modelling but too small for the plus-sized world.

"Healthy is the New Skinny is a movement to support women all over the world to love themselves and each other," explains the site's manifesto. And while there are good intentions behind that mission statement and the philosophy certainly resonates with others (the site has almost 120,000 fans on Facebook), the brand name is a bit of a concern. I have to wonder... if the message here is about acceptance and self love, then why employ this "new skinny" cliché that undermines women with that body-type? Being healthy and skinny are not mutually exclusive concepts, and yet the name suggests just that.

Women don't need a "new skinny"; what we do need is to stop endorsing one body type over another and focus on our own individual happiness and physical well-being. Body types shouldn't be fetishized and health should be the ultimate goal, whether you're petite or plus-sized, muscular or minuscule.

Metro Bitstrips caption contest

Today's winner: Kim Barsby

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here . Check out today's runners-up by scanning the cartoon with your Metro News app.

MetroTube

Sweets: Probably cooler than your dog

REBECCA WILLIAMS
rebecca.williams@metronews.ca

It may be the goggles, or maybe the fact that this bulldog is named Sweets. Actually, it's just everything. Can your dog play dead? Good for it. Taught your dog to open the fridge? That's impressive. But is your dog so awesome it can pass off the coolest sign of solidarity that is the "biker wave"? Christine Sutton/YouTube

SCREENGRAB

Comments

RE: Intimate memoir aims to build trust: Trudeau, published online Oct. 20, 2014

Don't people usually write memoirs after they've actually done something in life? I think I'll wait for the movie.
BlindHorse, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on pages 11 and 12 in Scene and page 16 in Life.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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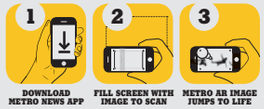
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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DVD review

Snowpiercer

Director. Joon-ho Bong

Stars. Chris Evans, Tilda Swinton

You couldn't ask for a better metaphor for hell on Earth than what Bong Joon-ho has wrought with Snowpiercer: constant forward momentum while getting absolutely nowhere, suffering all the while. That's the track and plight for the title train and its mostly miserable passengers: the poor multitudes in the back and the rich few in the front. All are condemned to circle the planet non-stop or risk freezing from a new Ice Age caused by mankind's own stupidity. The audacious Korean genre director behind The Host and Mother makes his grandest statement yet with this art house blockbuster, rich in visual and thematic imagery. It's a sci-fi thriller best described, without diluting the director's own brilliance, as a combination of the home-restoring quest of The Wizard of Oz, the dystopian class struggles of George Orwell novels and the grotesque characters of French fantasists Jean-Pierre Jeunet and Marc Caro. A star-studded international cast, topped by Chris Evans, Tilda Swinton, Ed Harris and Octavia Spencer helps make Snowpiercer a feast for the eye as well as the mind. You never know when someone famous will pop up. **PETER HOWELL**

Saldana's success has her singing sweet tunes

The Book of Life. Latest roles have actress priming her pipes and pondering a career change

NED EHRBAR
Metro World News in Hollywood

Zoe Saldana could get used to this singing thing. She's been belting out tunes in films so often recently, The Book of Life star could even see herself launching another career.

In The Book of Life, Saldana gives voice to Maria, the feisty girl at the centre of a folklore love triangle between her two childhood pals: bull-fighter and guitar enthusiast Manolo (voiced by Diego Luna), and barrel-chested military hero Joaquin (voice by Channing Tatum).

Which suitor she chooses will determine the management structure of the underworld as squabbling gods La Muerte (Kate del Castillo) and Xibalba (Ron Perlman) vie for control of the Land of the Remembered.

Got all that? Oh, and the narrative is punctuated with mariachi-tinged versions of songs by Radiohead, Mumford and Sons and Biz Markie. Hence the singing.

For Saldana, coming off her long-anticipated Nina Simone biopic and this summer's Guardians of the Galaxy, breaking into song didn't feel so strange.

"I sang when I shot Nina, and I worked vigorously with an amazing voice coach. So by the time I started doing the sessions for Guardians of the Galaxy and we got to sing, it had been about a year so I just sort of remembered all those things."

What she remembered was telling herself it was OK to add another skill to her resumé, despite whatever reservations she might have had initially.

"It's amazing what you discover you're able to do once you really put your body and soul into a skill and you try nothing but to master it," she says. "You discover a lot about yourself, that you can actually do something if you put your mind to it. I realized that I'm not as bad or as tone deaf as I thought I was."

The film is also a celebration of Mexican culture, envisioned by director Jorge Gutierrez and shepherded by producer Guillermo del Toro.

"I have to say that Guillermo was an amazing godfather for this project. He believed and he fought for Jorge to have his vision," Saldana says.

"You are dealing with the beauty of a culture that, even though we've been neighbours since the beginning of time — since the beginning of America — there is so little that we know. The Mexican culture is so beautiful."

As for what is ostensibly a kids' film focused on coping with death and the idea of the afterlife? Saldana doesn't think it's such a crazy idea.

"It's an educational tool. It will give parents the ability to have that tough conversation with their kids," she insists.

metro AR Zoe Saldana voices the feisty Maria, who finds herself in the centre of a love triangle in The Book of Life. Scan this photo with your Metro News App to hear what producer Guillermo del Toro has to say about making this film. CONTRIBUTED

Where the ladies at? Marvel producer wants more women involved in films

If Victoria Alonso were in charge of Marvel's announcement schedule, the studio would be talking about a female superhero film "today."

Speaking at the Visual Effects Society Production Summit on Oct. 18, executive producer Alonso was able to offer insight into working behind the scenes on Marvel's latest crop of blockbusters.

Her appearance came at the end of a week in which Warner Bros had been able to set out 10 years' worth of film based on its DC Comics characters, including a Wonder Woman feature set for 2017.

Speculation already surrounds the possibility of a feature film with Avengers character Black Widow, played by Scarlett Johansson.

Though the actress gave birth to a daughter in September, it's felt that her recent role in the French-made film Lucy shows she can lead an action film to box-office success.

Elizabeth Olsen joins the Avengers franchise in May 2015's Age of Ultron as new character Scarlet Witch, while Cobie Smulders returns, having played SHIELD operative Maria Hill in The Avengers, Captain America: The Winter Soldier, and TV spinoff Agents of SHIELD.

Alonso also advocated for the continued recruitment of female voices for prominent behind-the-scenes roles.

"I have been with you handsome, talented, creative men in dark rooms for two decades and I can tell you those rooms are better when there are a few of us in them." **AFP**

There is speculation Scarlett Johansson could front the first female-lead Marvel film with a Black Widow movie. AFP FILE PHOTO

‘No gay love scenes,’ Shonda Rhimes tells tweeter, ‘just scenes with people’

Here’s a tip: Don’t go on Twitter to complain to Shonda Rhimes about gay love scenes on the shows she produces, because she will respond. And she has a lot more followers than you.

A viewer named Dina Abdel Hakiem (925 followers) is getting more attention than she probably expected after tweeting to Rhimes (737,000 followers) that “the gay scenes on Scandal and How to Get Away with Murder are too much.”

“There is no point and they add nothing to the plot,” she added.

Rhimes responded with a pair of tweets, starting with the simple, “There are no gay scenes. There are scenes with people in them.”

But apparently she later decided that wasn’t definitive enough, so she added, “If you use the phrase ‘gay scenes,’ you are not only late to the party but also not invited to the party. Bye Felicia.”

Shonda Rhimes

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ariana seeks Miley’s advice on celebrity life

NED EHRBAR
Metro in Hollywood

It’s tough being a Disney Channel alum turned international pop star, mostly because there are so few people who really get what you’re going through.

Case in point: When Ariana Grande found herself feeling overwhelmed by nasty reports that she’d been caught swearing at her fans and that her life coach had quit on her, she had nowhere else to turn but Miley Cyrus.

“I was upset and I contacted Miley. I said, ‘Miley, I’m so sad — what do I do? This isn’t true. My heart is broken, I feel so bad,’” Grande tells the Daily Mirror.

“She was like, ‘Girl, don’t even look at it. Just be happy that you’re blessed. You have family and friends that love you, you have fans that love you, who know what’s true and what’s not. It will blow over and, tomorrow, they’ll be talking about something else.’”

I’m going to go ahead and assume Cyrus delivered this advice while lying spread-eagle on the hood of a car, tongue sticking out, but still, it looks like Grande has found a new life coach.

Avatar Secrets

Episode 6: Identity

In real life, Ramona heads to California, for Blizzcon, the gaming convention, and interviews players who have formed profound connections in the online world. “It’s conceivable that a person might actually be more close to the person they’re portraying in the virtual world than they are in the physical world,” says John Seely Brown, author of The Gamer’s Disposition. Scan this photo for a video of Seely Brown talking about what is “real.”

metro AR

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

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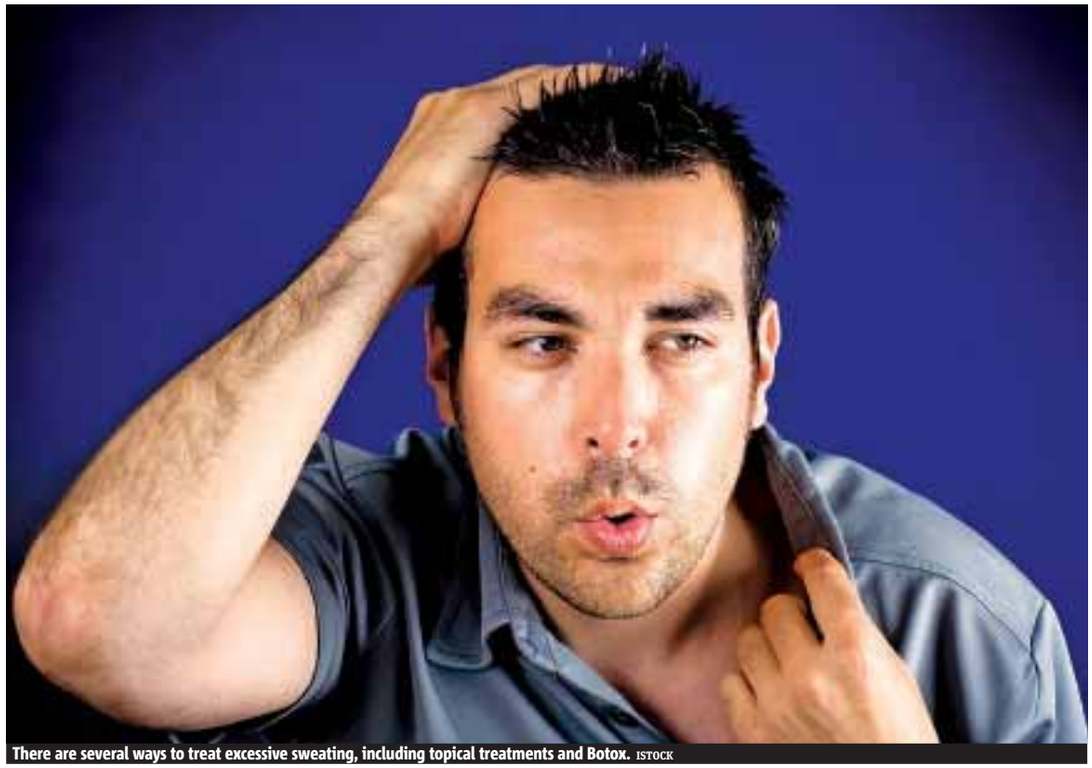
There's no need to 'sweat it out'

Hyperhidrosis. There are ways to reduce excessive sweating and its embarrassing effects

IZABELA SZYDLO
life@metronews.ca



There are several ways to treat excessive sweating, including topical treatments and Botox. ISTOCK

There's the type of sweat that occurs when you finish an intense workout, after a few bites of your favourite spicy dish or during a 40-degree heat wave.

Then there's the type of sweat that happens even when you're simply sitting at your desk, eating a sandwich or when temperatures dip and everyone else is pulling out extra warm socks.

Medically known as hyperhidrosis, excessive sweating affects almost half a million Canadians, according to a Leger survey.

"If you have to worry about it, wear certain clothes, prepare for it, not do things because of it, then you're sweating too much," says Dr. Nowell Solish, the founder of Sweat Clinics of Canada, the first facility of its kind to specialize in treating excessive sweating.

Hyperhidrosis can occur anywhere, but most commonly affects the hands, feet, underarms, face, chest or back. Medical solutions depend on how bad the problem is and where it is occurring.

Solish says for the underarms he first recommends topical treatments such as antiperspirants and stronger aluminum chloride solutions, which are non-prescription but must be obtained from a pharmacist.

There are also a host of other options.

"If you're treating the underarm, Botox works extremely well with dramatic improvements in 95 per cent or more of patients. It lasts six to nine months," Salish says.

"Oral medications are better if you generally sweat, but the side effect is they will dry you everywhere, including your mouth and eyes."

For sweating of the hands and feet, Solish says a popular option is the use of an iontophresis machine. It passes mild electrical currents down cables to treatment electrodes that are in trays of water. Placing hands and/or feet into the trays completes the circuit and allows currents to flow into the skin where they slow secretion at the gland.

Solish says the most extreme solution is a surgery during which nerves in the spine that lead to sweat glands are cut. However, one side effect of the surgery is a patient may eventually start sweating in other places.

While Solish speaks freely about excessive sweating, another Leger survey found that more than half of Canadians say it is important to hide their sweating and nearly one in three are self-conscious about it.

"It's not the type of thing that comes up in conversation," says Solish. "I think people know they're excessively sweating. I don't think they know it is a disease that can be improved."

Ceri Marsh, an etiquette expert and co-author of The Fabulous Girl's Guide to Grace Under Pressure and The Fabulous Girl's Guide to Decorum, says she isn't surprised by the study's findings.

"Whether fair or not, we read into sweat all sorts of things like lack of hygiene or nervousness," she says. "If it is that bad, it is worth looking into whether you have hyperhidrosis. In the meantime, there are other things you can do."

Marsh says practicing "sweatiquette" is being aware of how you're managing sweat. She says planning is the key to preventing embarrassing moments.

"If you're at school or work, you want to keep a clean undershirt or top with you that you can change into," she says. "Secondly, natural fibres will be a lot better for you than synthetics because they breathe and won't leave you feeling clammy. Dressing in layers also helps.

"Finally, you want to give yourself more personal space to respect social boundaries at events."

High-fat diets could be worse for men

A recent study says the male brain could react differently to a high-fat diet than a female brain, taking on more of the negative side effects. ISTOCK

Anyone who's ever watched a young male athlete chow down fast food might be surprised by the findings of a new study conducted on mice fed a high-fat diet, in which the males were more likely to develop brain inflammation and heart disease than the females.

"For the first time, we have identified remarkable differences in the sexes when it comes to how the body responds to high-fat diets," says Cedars-Sinai Diabetes and Obesity Research Institute scientist Deborah Clegg. "The brains of the male mice became inflamed and their hearts were damaged. But the female mice showed no brain inflammation and had normal hearts during the diet."

Dr. Clegg and her team fed the mice what she says is the equivalent of a steady diet of hamburgers and soda. She couldn't say for sure what protected the females against the harmful effects of such an unhealthy diet but likens it to a chemical force.

"These findings on how the brains and bodies of males and females respond so differently to nutrients suggests we have to reconsider whether the diets and drugs we recommend for managing obesity may need to be sex-specific to be more effective," said Richard Bergman, PhD, director of the Diabetes and Obesity Research Institute.

If these findings do apply to humans — which is next on the team's list of things to find out — men need not despair just yet because the researchers say male brains can be manipulated to develop the protective characteristics of female brains.

At least in mice. AFP

AN OUNCE OF PREVENTION

SHUTTERSTOCK

It's cold and flu season and time to arm yourself with some prevention strategies.

The cold includes the sniffles and generally infects your nose and throat, says Glenda Hubley, a registered nurse in Sault Ste. Marie, Ont. The flu, on the other hand, can affect your respiratory track and cause complicated breathing issues. It often causes aches and pains everywhere, too.

How can you protect yourself from catching one or the other?

• Good handwashing habits is the golden standard for both cold and flu protection. Wash your hands frequently to wash away germs. Wash with soap and water, using the lather to wash the front and back of hands and in between fingers and under nails for at least 15 seconds. Then rinse under warm running water and dry with a clean towel. Use alcohol-based hand cleaners if soap and water are not available.

• Be sure to teach everyone in the family to wash their hands properly. Don't use a common hand towel when someone is sick. Launder towels in the house everyday when someone is sick.

• Germs spread when people with a cold or flu cough, sneeze or talk. If you have to cough, cough into your sleeve or a tissue. "What you don't want to do is cough onto your plate of food or your fork," Hubley says.

• Be conscious of what you are doing with your hands during cold and flu season. "Do not touch your mouth, then touch your face and touch the food you eat," Hubley says.

• The Centers for Disease Control and Prevention recommends keeping your immune system strong by eating healthy foods, getting regular activity, and getting adequate sleep. A person is constantly exposed to germs in public and it's how their immune system deals with the germs that determines whether or not they will get sick.

• Clean and disinfect surfaces or objects that a lot of people touch in the house such as doorknobs, light switches, TV remotes, telephones, and keyboards.

– Ylva Van Buuren

Keep your immune system strong

SHUTTERSTOCK

Along with cooler temperatures, fall also ushers in cold and flu season; tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of The Canadian Encyclopedia of Natural Medicine. Torkos also offers tips on her website, sherrytorkos.com.

There are many effective prevention strategies.

"Most important of all is maintaining a strong immune system," Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

Perhaps the most popular immune booster is echinacea purpurea. In 2012, scientists at the Cardiff University School of Biosciences completed the largest clinical study on echinacea purpurea in history, using A. Vogel's Echinaforce®, a proprietary extract obtained from fresh organic, GMO-free plants. The study found that this particular preparation of echinacea effectively enhances the immune system and reduces the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada approved Echinaforce® for both prevention and treatment of cold and flu, and deemed it safe to take regularly up to four months, making it a great and natural way to stay healthy this winter.

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SHUTTERSTOCK PHOTOS

Think about others during cold/flu season

Stay home if you are sick

It's Monday morning and you have woken up with a sore throat, runny nose, and an achy feeling throughout your body.

What should you do?

Stay home, says Glenda Hubley, a registered nurse in Sault Ste. Marie, Ont.

Cold and flu germs spread easily, and it's important to avoid sharing germs when you are sick.

Stay home from work or school and any errands if they put you in close proximity of others. You definitely shouldn't ride public transit.

If you have cold or flu symptoms, stay away from populated areas so you don't share your symptoms with others, Hubley says.

"You should be thinking about not just yourself but other people, too."

At the same time, a sick employee is typically not a productive one.

At home, cover your mouth and nose with a tissue when coughing or sneezing. Be sure to wipe surfaces such as the phone and keyboard. Remember, you can re-infect yourself with germs.

Take care of yourself by drinking plenty of fluids and getting plenty of rest.

Healthycanadians.gc.ca recommends that you stay home if you do get sick until your symptoms are gone. If you are at all concerned about your symptons, contact your doctor.

Symptoms provide the best clues as to whether or not a person is contagious or not well enough to work. If you are sniffling but have no other symptoms, it may be you are experiencing an allergic reaction. In that case, you should go to work.

– Ylva Van Buuren

SYMPTOMS

While a cold tends to be inside your head, the flu causes symptoms all over your body, including:

- Fever or feeling feverish
- Cough
- Sore throat
- Muscle aches and fatigue
- Loss of appetite
- Runny or stuffed nose
- Chest discomfort
- Headache

Health Canada says some people may also have stomach upset and pain, vomiting and diarrhea. Not everyone with the flu will have a fever.

Flu season typically runs from November to March.

BECAUSE IT'S ABOUT HIM TOO

GET VACCINATED.
DON'T SPREAD THE FLU.

The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against three seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

If you are 65 or older or have a chronic illness, you should also get a pneumo vaccine. One pneumo vaccine may give you a lifetime of protection.

To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at 204-788-8200 or toll-free 1-888-315-9257.

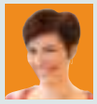
manitoba.ca

Manitoba

Apples star in choose your own adventure recipe: main or starter?

Health Solutions

That apple is, like, so last hyper-season



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The foodie wind, she is a blowin', and it is now all about access to hyper-seasonal.

The hyper-local trend has staying power as farmers markets continue to grow, and there is nothing like fresh fruits sold to you from the gnarly, hard-working hands of the people who planted, nurtured and picked them. What could possibly make you feel more connected to Mother Nature?

Layer that same feeling, now, into a modern world where exquisite foods can be flown across the country for all to enjoy, but with the caveat that the season is perishable.

This is a very different concept than the year-round access to pithy tomatoes or tasteless strawberries! The hyper-seasonal trend is about here today, gone tomorrow but with an all-access pass.

One such food, which is also the new kid on the block, is the amazingly crisp and tangy sweet apple called SweeTango.

It is unlike any other apple you have tasted so far and well worth finding while the gettin' is good.

As Franco DiLiberatore, vice president of sales and marketing at Scotian Gold Cooperative in Nova Scotia shares, "We're really excited about the SweeTango hyper-season this year because, as a relatively new variety, this is the first time Canadians across the country will be able to find them."

Find these fruits of Eve and pair them with a perishable stout craft beer and some fresh cheese for your next party. Rounding up items from all over the world that are unique and slightly hard to find creates a "must attend" feeling. Your parties will be the ones on the block that everyone can't wait for...just like the apple season.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Baked Apple Chicken.

This recipe will make a more fancy appetizer at your next party or a quick weeknight meal

THERESA ALBERT
myfriendinfood.com

There is something about the zing of an apple paired with the zest of goat cheese, and heft of thyme and rosemary that will make this simple, one-dish bake a go-to weeknight recipe.

If you have time, roll the breasts and pin them to cut into pinwheels for lovely appetizers.

If not, slap them into the dish and in the oven in no time. The taste is the same, just the presentation is different.

metro AR This SweeTango Baked Apple Chicken recipe makes four servings. Use your Metro app to scan this photo for a video of Theresa Albert talking about planning a party using hyper-seasonal foods. THERESA ALBERT

Ingredients

- 2 SweeTango Apples
- 1/2 fresh lemon
- 3/4 cup plain Greek yogurt
- 3 oz goat cheese (chevre)
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp white pepper
- 1 clove garlic, minced
- 4 boneless skinless chicken breast halves
- 1 tsp extra virgin olive oil

1. Grate 1 SweeTango apple into a large bowl. Slice the remaining apple into thin wedges, drizzle with lemon and set aside.

2. Add yogurt, goat cheese, thyme, rosemary, pepper and garlic to grated apple, mix well.

3. Lay the chicken breasts onto the counter on a piece of plastic wrap, cover with a second sheet of plastic wrap. Pound with your fists or gently with a meat mallet to thin to a half-inch.

4. Drizzle oil into a baking dish. Place thin layer of apples into dish. (Be sure dish is large enough that they are not touching.)

5. Lay chicken onto apples and spread yogurt mixture on chicken breasts and then lay apple slices on top.

6. Cover with foil and bake at 400 F for 15 minutes, remove foil and bake for 5-10 more or until chicken is cooked through.

7. Serve hot or chill in fridge and serve cold with salad greens.

FLASH FOOD

From your fridge to your table in 30 minutes or less

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY SWEETANGO

This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

Combine the best of fall tastes

Ingredients

- 4 large sweet potatoes
- 1 lb loose fennel sausage meat
- 1/4 cup chopped shallots
- 4 cloves garlic, minced
- 2 tbsp minced fresh rosemary
- 1 large apple, peeled, cored and diced
- 1 cup cheese curds, chopped
- Kosher salt and ground black pepper

Apples, sausage and sweet potatoes, all baked up together. Does it get more wonderfully autumnal?

It really is that simple. This Apple-Sausage Stuffed Sweet Potatoes dish takes all the best flavours of fall and combines them into one awesomely twice-baked package.

Add cheese and you have a fantastic dinner.

1. Heat the oven to 350 F.

2. Use fork to poke several holes into potatoes. Place directly on oven's middle rack and bake 45 minutes, or until tender throughout when pierced with a knife. Remove from the oven and cool. Leave oven on.

3. Meanwhile, in skillet over medium-high heat, sauté the sausage, shallots, garlic and rosemary until the sausage is browned and cooked through. Remove from the heat. Stir in the apple, then set aside.

4. Once potatoes have cooled enough to handle, cut each in half lengthwise. Use spoon to scoop out most of the insides, leaving about 1/4 inch of flesh. Add the scooped-out sweet potato and the cheese curds to the sausage mixture, mixing it well. Season with salt and pepper. Spoon the mixture back into the sweet potato shells.

5. Arrange the filled sweet potato halves on a rimmed baking sheet. Bake for 25 minutes, or until lightly browned on top.

THE ASSOCIATED PRESS

LEARNING CURVE

Midterm madness

Determine your study style to maximize success

SHUTTERSTOCK

While the ideal time to start studying for midterms was when the semester started, for those who haven't quite kept up that pace, the key is to break study sessions into chunks, as opposed to doing a giant cram session.

It's important to be strategic when studying, so before cracking open a textbook, find out exactly what the midterm covers. For example, if the professor says it's the first three chapters of the textbook, dig deeper. Ask the professor if it's the entire three chapters, the case studies or something else.

"The more precise students can be, the more accurate their studying will be, so they won't waste time," says Mebbie Bell, learning resources facilitator with the University of Alberta's Student Success Centre.

Ideally, a study session for a particular subject shouldn't last any longer than two to three hours. Depending on what works best for the individual, throwing in some short breaks is probably a good idea. How a student goes about studying should be tailored to their learning style, be it visual, auditory, or kinesthetic. The problem is, many students don't know what their learning style is, but most institutions have a solution.

"THERE ARE SO MANY SUPPORTS AND RESOURCES AT ALL COLLEGES AND UNIVERSITIES."
– Diana McIntyre, co-ordinator of the Student Academic Success Initiative at George Brown College

"There are so many supports and resources at all colleges and universities," says Diana McIntyre, the co-ordinator of the Student Academic Success Initiative at George Brown College in Toronto.

Most institutions offer study tip seminars and one-on-one support to students to help them figure out their most effective studying methods and learning styles.

For example, visual learners typically learn well when using pictures, graphs and diagrams. Auditory learners like listening to recordings and discussing subject matter. Kinesthetic learners typically like making notes, highlighting material and creating activities to help process information.

– Richard Woodbury

CONTRIBUTED

TWO-FOR-ONE TUITION IN THE MIX

AT THE EXCHANGE BARTENDING SCHOOL

Tending bar is so much more than just cracking open a beer or mixing a couple of drinks — it's a high-pressure, social endeavour that blends a number of different skills together to make someone successful.

Through training at the Exchange Bartending School, learn how to combine the social and technical elements of bartending to be prepared for the workforce.

"I really want to give new bartenders the best chance of success, by becoming a respected and an integral part of Winnipeg's hospitality industry," says Brandon Whyte, lead instructor/partner, Exchange Bartending School, who has more than 30 years of industry experience.

Whyte teaches and coaches skills and knowledge that come from his own experience, skills, techniques and perspectives you can't learn on YouTube or from a book.

"I am extremely proud to have graduates working all over the city behind some very high-profile bars and even some of them competing in cocktail competitions," Whyte says. "I know I am giving my students an education and skills that will set them up to be an asset to any establishment."

Exchange Bartending School is offering two-for-one tuition on its six-day bartending certification program at a regular price of $399. To learn more about Exchange Bartending School, connect on Facebook, or visit exchangebartendingschool.ca.

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Not Only Do We Want You to Gain Confidence, We Want You to Stand Out... At Work or With Friends!
Professional & Entertaining Instruction
Passionate Mentorship From a Seasoned Pro!... Fun Factoids, Bar Jokes & Tricks
After Grad Support & Employment Help
Resume Writing, Interview Coaching...Hire-a-Grad Program (Actual Gigs!)

HERZING HELPS THE COMMUNITY

CONTRIBUTED

As a service to the community, Herzing College is presenting a free family caregiving seminar to provide information and resources to help family caregivers meet the needs of loved ones in their care.

"There are hundreds of individuals in our community who are responsible for the care of a relative who is a senior," says Nancy Scott, RN, health-care aide instructor, Herzing College. "Family members often become caregivers without formal training or the resources necessary to help them deal with the challenges ahead."

Family caregiving is when an individual is the primary caregiver for a relative.

Often, an elderly person becomes responsible for their spouse when health problems occur, or adult children become responsible for aging parents, but don't always have the skills or knowledge to care for these individuals.

"It is vital to the health and well-being of seniors that the family members who are providing their care be knowledgeable in areas related to health care," Scott says.

This first family caregiving seminar will focus on the areas of patient safety/advocacy and accessing resources online.

"Safety for seniors being cared for in the home is vital in order for those individuals to avoid falls, injuries, hospitalization and possible placement in a personal care home," Scott says. "Patient advocacy is very important so that the senior and their family caregiver are aware of their rights when making important choices regarding their care."

The seminar will then be divided into two sessions — the first will discuss patient rights, advocating for a family member and patient safety, while the second will provide support and direction with accessing resources online.

The guest speaker during the seminar will present issues related to patient safety and advocacy and there will be opportunities to ask questions.

The free seminar will be held Saturday at 723 Portage Ave. from 9 a.m. to noon. No registration is required for the event. The event is open to the public and is perfect for anyone who is caring for a loved one. For more information, visit herzing.ca/winnipeg.

GROW FURTHER

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HERZING COLLEGE
204.775.8175 • herzing.ca/winnipeg

Learn a new skill at Wellington College

Massage therapy workshop is also the perfect gift

Get an early jump on this year's holiday shopping by enrolling your loved ones in the intro to massage therapy workshop at Wellington College.

The workshop takes place Feb. 21 and makes the perfect gift, whether it is for Christmas or Valentine's Day.

"It's so easy for us to forget what we got at Christmas, but learning a new skill stays with us for many years and is something we can use all the time, especially the knowledge of how to give friends and family a massage," says Brie-Ann Timings, associate director, Wellington College. "It truly is the gift that keeps on giving as we spend time with those we love to release tension or give them a few moments of relaxation through massage."

This workshop will provide participants with the skills and techniques needed to give a massage in both a sitting and lying down position. Participants will learn to massage the back, neck, shoulders, head, hands and feet.

The objective of the workshop is to allow individuals to be confident in their approach and understanding of what they are doing, and, by the end of the day, be confident to perform a basic body massage. All individuals will give and receive a massage.

SHUTTERSTOCK

If the holiday list is already planned, consider the workshop a fun and unique gift to give for Valentine's Day.

"Valentine's Day is filled with the typical gifts of chocolate, flowers and a romantic dinner," Timings says. "While those things are great, sometimes it's good to try something different."

This workshop gives the gift of quality time while learning something new together, and is a fantastic gift from which both people can benefit.

For Valentine's Day, Wellington College is offering a 50 per cent off special for the second person.

For more about this workshop, or to register, visit wellingtoncollege.com.

WORKSHOP INFORMATION

- ***DATE***: Feb. 21, 2015
- ***TIME***: 9 a.m. to 4 p.m.
- ***COST***: $99 plus GST per person
- ***LOCATION***: Wellington College, 435 Berry St.

Instructor recognized for hard work, passion

Manitoba Institute of Trades and Technology

The ultimate goal for any instructor is to see their students succeed.

But from the point of view of students, it is satisfying to see great instructors being recognized for their hard work and passion.

This is the case for Manitoba Institute of Trades and Technology (MITT) production art instructor Jan Hamilton.

Earlier this month, at the Canad Inns Destination Centre Fort Garry in Winnipeg, Hamilton was honoured by the Manitoba Print Industry Association (MPIA) as this year's name in print for the category of industry development.

"I feel extremely honoured to be recognized by my colleagues," Hamilton says.

The name in print awards were created by the MPIA to recognize leaders and innovators in the local print industry.

Individuals and companies that have achieved success or have made a significant contribution to either the association or the industry in general are celebrated at the annual industry awards dinner.

INDUSTRY-BASED ORGANIZATION

The Manitoba Print Industry Association is a non-profit, industry-based organization, representing Manitoba print companies. It was created to attract and retain individuals into the printing industry in Manitoba through collaborative human resource development and training initiatives.

The production art program was highlighted for being a valuable educational experience and for having kept the industry stocked with many skilled professionals who were needed for it to realize the kind of substantial growth it has seen in recent years.

"I've been growing my program for 15 years and evolving it to complement the changes in Manitoba's print industry," Hamilton says. "We listen to what employers want and strive to match those skills and keep pace with developments in the global print industry."

Hamilton says she has always been proud to say that her graduates are entering the workforce with all the necessary skills that are required for the employment opportunities that are in demand.

"It definitely feels that much more special to know that the industry we work in recognizes the value in this accomplishment as well," Hamilton says.

For more information, visit mitt.ca.

Mark Chyzzy, manager, production systems group (Manitoba) Xerox Canada, left, Jan Hamilton, production art instructor, Manitoba Institute of Trades and Technology, and Rob Young, executive vice-president operations, Pollard Banknote Limited. CONTRIBUTED

ROBERTSON MEETS PERSONAL NEEDS

SCHOOL OFFERS FLEXIBILITY AND A QUALITY EDUCATION

Robertson College has a diverse mix of students in a variety of programs.

Some students are fresh out of high school making their first foray into the world of post-secondary education, while others are mature students training for a second career or updating credentials for their work experience.

And some are newcomers to Winnipeg looking to gain an education from a Canadian career college.

But all of these students have something in common — they are looking for a quality education at a school that meets their personal needs.

"The answer can be as different as each individual student," says Vijay Chintamaneni, campus director of Robertson College, Winnipeg campus. "For instance, a current student in the accounting specialist program says the reason she chose Robertson was because she'd been working for many years and never sought out credentials to support the work she'd been doing."

CONTRIBUTED

Another student, who is currently enrolled in the medical office assistant program, says she made a decision to further her education after coming to Canada from Ghana in 2011, and found it difficult to find a job.

"She determined that time was essential and needed a school that had flexible hours that would suit her studies, as well as work," Chintamaneni says. "Many of our students actually search a lot of institutions and find that Robertson offers them the most flexibility, as well as experienced teachers that have what it takes to understand students on an individual basis."

Robertson College instructors are easy to approach and help instill a sense of confidence in students to help them move forward with their future goals.

"Students also appreciate our smaller class sizes and the way instructors help pace instruction to involve them in the learning process, offering students a dynamic and engaging learning experience," he says.

PROGRAM INFORMATION

Robertson College has a number of programs still starting this fall, including veterinary office assistant, medical office assistant, accounting specialist, legal assistant, and a new and exciting program in business administration: Sales and Internet marketing specialist.

For more information about Robertson College, visit robertsoncollege.com.

Start a Career as a Healthcare Professional!

Become a *Massage Therapist.*

Why Robertson's *Massage Therapy* program?

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- ✓ Benefit from hands-on training with our industry experienced instructors
- ✓ A regulated program for a province moving towards regulation
- ✓ Guaranteed lifetime career services NOW & 25 years down the road!
- ✓ Take your studies with you & get a laptop to use for FREE during your program

ROBERTSON COLLEGE

There are only months between you & your dream career. Classes start January 5th!

Call 204.515.4228 or visit www.robertsoncollege.com to get started.

Advanced status for Red River program

Try the fifth class power engineering course

The Red River College (RRC) power engineering fifth class program is now the only program in the province to have received advanced status recognition through the office of the fire commissioner at the province of Manitoba.

"As a result of obtaining advanced status recognition, RRC is able to offer a complete power engineering program in a much shorter period of time," says Tom Phillips, fifth class power engineering instructor, RRC. "Our fifth class program can be thought of as a quick 'one-stop shop' for becoming a fifth class power engineer. By the end of the 17 weeks, students will have received all of the necessary theoretical training and practicum experience required for taking the provincial exam."

The course was previously five months in length, but now RRC is looking at offering it over 17 weeks.

The program contains different components designed to prepare students as a fifth class power engineer.

INFORMATION SESSIONS

To learn more about the fifth class power engineering program, attend one of two upcoming information sessions — Oct. 21 and Nov. 12, both from 7-8:30 p.m. Both sessions will be held in the Red River College White Lecture Theatre at 2055 Notre Dame Ave.

Power engineering has five classes or levels, ranging from fifth to first, with first being the highest level.

In Manitoba, fifth class deals with the management of steam boiler plants and systems. A fifth class power engineer may find work in smaller heating plants such as government or commercial buildings, and small processing plants.

"This program is designed for those who are looking for employment in the above plants or facilities and can be an entry point into the field," Phillips says. "For students who wish to advance to the upper levels of power engineering, it is worth exploring RRC's higher level power engineering programs."

CONTRIBUTED

Phillips, the lead instructor, brings more than 30 years of experience as a power engineer to the classroom. He has been teaching for the last seven years at RRC and oversees all course components, including the students' work practicum.

For more information, visit rrc.ca/pow.

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

A Career as a 5th Class Power Engineer Awaits!

Power Engineers are responsible for operating and maintaining boilers and related mechanical equipment that provides light, heat, climate control or power for buildings and industrial processes.

Learn more about the program and careers at our free information session:

Dates: October 21 and November 12
Time: 7:00 - 8:30pm
Location: White Lecture Theatre (GM42), 2055 Notre Dame Ave.
Next program start date: January 2015

For more information: 204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/pow

CONTRIBUTED

REBATE CAN HELP PAY FOR EDUCATION

AVAILABLE TO RESIDENTS OF MANITOBA

Manitoba's tuition fee income tax rebate helps young people build their futures here at home.

By providing post-secondary graduates with a 60 per cent income tax rebate on their eligible tuition fees, the Manitoba tuition fee income tax rebate helps young people pay for their education while they live and work in Manitoba.

Students who graduated with a degree, diploma or certificate from a post-secondary institution recognized by the Canada Revenue Agency on or after Jan. 1, 2007, and now work and pay taxes in Manitoba can benefit from the Manitoba tuition fee income tax rebate.

It doesn't matter if their post-secondary training took place in Manitoba or elsewhere.

Graduates may be entitled to receive up to a 60 per cent income tax rebate on tuition fees paid to a maximum benefit of $25,000.

Here are some examples of what this rebate could mean to you:

Sample tuition fee of $40,000 ($24,000 with a 60 per cent rebate); sample tuition fee of $25,000 ($15,000 with a 60 per cent rebate); sample tuition fee of $5,000 ($3,000 with a 60 per cent rebate).

Post-secondary students, who are residents in Manitoba, can apply for a five per cent refundable tuition fee income tax rebate advance while they are going to school.

Graduates can claim their tuition fee rebate on their personal income tax return. Simply complete the T1005 — Manitoba tuition fee income tax rebate.

To find out more about how Manitoba's tuition fee income tax rebate or the advance can help students put money in their pockets as they put down roots in Manitoba, call the Manitoba tax assistance office at 204-948-2115 or toll-free 1-800-782-0771.

Thanks to the Manitoba Tuition Fee

Income Tax Rebate...

It pays to stay in Manitoba.

For information about saving up to $25,000 on your Manitoba income tax, visit manitoba.ca/tuition

Staying close to friends and family. Owning your own home at a price you can afford. A tax rebate that allows you to save up to $25,000 on your Manitoba income tax. There is no better time to build your future here at home.

Find out how you can receive a tax rebate for up to 60% of your tuition, as much as $2,500 a year. That extra cash will go a long way to paying back your student loans, saving for a house, or maybe even starting a family.

To claim your savings, simply complete the T1005 form when you file your Manitoba income tax.
STEADY GROWTH
GOOD JOBS
Manitoba

MEETING YOUR BUSINESS NEEDS

THE LEVENE GRADUATE SCHOOL OF BUSINESS

The Levene Graduate School of Business has entered a new era of community engagement, ensuring its teaching, research and service resonates with the people who are part of its vast network of relationships.

Based on input from leaders in organizations, the Levene GSB recently revised its MBA programs to better meet the needs of different leadership and management groups.

Incorporating this input, the Levene executive MBA is designed to equip business managers with 10 to 20 years of professional experience to become leaders, making sense of complex and dynamic environments, identifying opportunities, and creating exceptional value.

"While the long-term goal for students is to be able to integrate what they have learned across the entire program, students have been able to apply what they have learned to their jobs starting the first week of class," says Ron Camp, associate dean of the Levene Graduate School of Business.

For many, the highlight of the program includes an international business trip, currently to Estonia and Finland, that allows students to experience business, expand networks, and refine management and consulting skills.

For more, visit uregina.ca/business/levene.

CONTRIBUTED

Angie Chabot. CONTRIBUTED

Continuing to keep PACE with today's career choices

Expand your learning potential

After 22 years as a pharmacy technician, Angie Chabot was faced with having to change careers at the age of 49.

The thought of going back to school completely frightened her.

"I had real mixed feelings about going back to school as I hadn't attended school for many years," Chabot says.

When she first thought about returning to school, Chabot says she questioned her ability to study and retain information.

"I quickly learned that I could do all of those things," Chabot says.

Chabot had always wanted to become a teacher, but did not have the capability to go back to school for five years, so she enrolled in the full-time educational assistant course at PACE (professional, applied and continuing education), University of Winnipeg.

"The material was so interesting and the instructors were so engaging," Chabot says.

Cabot is now employed as a part-time educational assistant in the Pembina Trails School Division and, on her days off, she works on a casual basis in the Seven Oaks School Division.

"Choosing this as my second career was an excellent choice for me," Chabot says. "I am so glad that I took the training I needed to get to where I am today. I absolutely love my job."

For more, visit pace.uwinnipegcourses.ca.

levene

Join us to learn more about the Levene GSB Executive MBA

INFORMATION SESSION

Date: Thursday, October 23
Time: 5:30 pm - 7:00 pm
Location: Selkirk Annex
Fort Garry Hotel
222 Broadway, Winnipeg, MB

Please RSVP to
levene.gradschool@uregina.ca
or phone **306-585-6294**.

levene.uregina.ca

University of Regina

levene | gsb Kenneth Levene Graduate School of Business

THE UNIVERSITY OF WINNIPEG | Professional, Applied and Continuing Education

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DREAM JOB?

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Add that career finishing to your previous education or begin a new educational journey.

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We will help you tie all the pieces together and make your education count!

PACE.UWinnipeg.ca

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204-982-6633

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Gord Steeves promises to not raise your taxes

Gord Steeves will freeze property taxes, stop bus rapid transit and focus on rebuilding our roads instead.

There are too many elections where the candidates say the same things. Not this time. In this election the voters have very clear and specific choices to make.

Voters must choose whether or not they want their property taxes raised. Steeves has said he will not raise your property taxes. Steeves was on city council for 11 years, he was a great councillor and he never raised your property taxes in any of those years.

Steeves is the only candidate that will not raise your taxes if he is elected.

Every other candidate has promised to raise your property taxes — that is one promise they will keep if they are elected.

How can Steeves promise to not raise your property taxes?

Simple, Steeves is also the only candidate who has stated he is not going to build bus rapid transit. Bus rapid transit is a hugely expensive project that will cost hundreds of millions of dollars.

If they are elected, all of the other candidates will raise property taxes so they can pay for bus rapid transit. Your property taxes will need to go

CONTRIBUTED

up seven to 30 per cent just to pay for bus rapid transit, not for one year, but for 30 straight years, just to cover the debt that will be created to pay for bus rapid transit. It is no wonder governments are using unfair photo radar practices to raise more and more money.

The choice comes down to this — do we build bus rapid transit and raise taxes, or do we not build bus rapid transit and keep our property taxes frozen and focus on fixing our roads?

The choice is up to you Winnipeg.

Contenders hope rest reigns over rust

World Series. Giants, Royals look to avoid same fate as past teams which struggled following long layoffs after league championship series

The Royals' Alex Gordon throws in the outfield during practice on Monday, in Kansas City, Mo. The Royals will host the Giants in Game 1 of the World Series on Tuesday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Alex Gordon took a big rip at a batting-practice fastball, fouled it off badly into the cage, and ducked when the carom nearly hit him in the head.

Gordon let out a huge laugh, and so did a bunch of his Kansas City Royals teammates watching Monday's workout.

"I can't believe that just happened, dude," pitcher James Shields razzed.

It'll be more frustrating than funny if those are the same awkward swings the Royals and San Francisco Giants take once the World Series begins.

Going into Game 1 on Tuesday night at Kauffman Stadium, both teams will deal with a familiar issue this deep in the post-season: Does an extended layoff translate into rest or rust?

Buster Posey and the Giants zipped through the playoffs, and now will try for their third title in five years. Lorenzo Cain and the Royals zoomed along, reaching the Series for the first time since 1985.

And then, they all got some time off. Almost an eternity, by October standards.

The Royals went 8-0 in the AL playoffs, giving them five idle days before Shields starts the opener. San Francisco went 8-2 on the NL side and had four days to relax before Madison Bumgarner pitches.

"It's definitely different because we have played so many games over the last 7-1/2, eight months. But you just understand it's one of those things," Posey said.

As recent history has shown, hitters can be very vulnerable when they get out of rhythm.

"It affects a bit with your timing, especially when trying to adjust to pitchers," Kansas City second baseman Omar Infante said. "It's hard to recover that groove you have."

The slightly favoured Giants and Royals held practices, studied video and checked out scouting reports. But as several teams discovered — stumbling in the World Series after long breaks — nothing can duplicate playing a real game.

Triple Crown winner Miguel Cabrera and Detroit got nearly a week off in 2012, then the Tigers hit a combined .159 and totalled six runs in getting swept by the Giants.

Troy Tulowitzki and the Colorado Rockies rushed into the 2007 World Series, waited a week and got outscored 29-10 in Boston's sweep.

THE ASSOCIATED PRESS

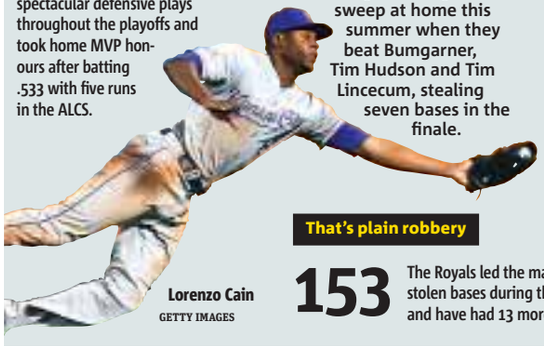
Championship rarity

The only other time both World Series participants were wild cards was 2002, when the Angels beat Barry Bonds and the Giants in seven games.

Cain raising his game

.533

Lorenzo Cain made a series of spectacular defensive plays throughout the playoffs and took home MVP honours after batting .533 with five runs in the ALCS.



Lorenzo Cain GETTY IMAGES

Past bragging rights

The Royals have won nine of their 12 interleague meetings with the Giants, including a three-game sweep at home this summer when they beat Bumgarner, Tim Hudson and Tim Lincecum, stealing seven bases in the finale.

That's plain robbery

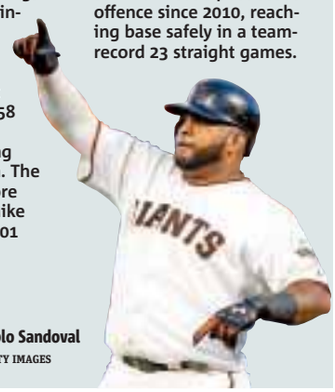
153 The Royals led the majors with 153 stolen bases during the regular season and have had 13 more in the playoffs.

Big Game Bum

Madison Bumgarner has thrown 15 scoreless innings in World Series play, winning both his starts while striking out 14 and yielding five total hits. He is also a threat at the plate, batting .258 with four homers, 15 RBIs and a .470 slugging percentage this season. The last pitcher to have more RBIs in a season was Mike Hampton with 16 in 2001 for Colorado.

Potent Panda

Pablo Sandoval has keyed San Francisco's post-season offence since 2010, reaching base safely in a team-record 23 straight games.



Pablo Sandoval GETTY IMAGES

NHL

Voynov banned over domestic violence suspicions

The NHL suspended Los Angeles Kings defenceman Slava Voynov indefinitely Monday after the two-time Stanley Cup winner's arrest on suspicion of domestic violence.

Voynov was booked and released at the Redondo Beach jail after his arrest early Monday morning at a Torrance hospital on suspicion of corporal injury to a spouse, Redondo Beach police Lt. Joe Hoffman said. The 24-year-old Russian defenceman posted $50,000 US bail.

Craig Renetzky, the lawyer representing Voynov, told The Associated Press that Voynov hasn't yet been charged with a crime. His next court date is Dec. 1, Renetzky said.

THE ASSOCIATED PRESS

Slava Voynov GETTY IMAGES

CHL

More major junior labour unrest

A class-action lawsuit launched against the Canadian Hockey League alleges its players are underpaid and seeks millions in financial compensation.

The suit claims players have been paid less than the minimum wage required by law in their regions and asks for $180 million in back wages, overtime and vacation pay, as well as punitive damages.

The CHL is the umbrella organization for the Western Hockey League, Ontario Hockey League and Quebec Major Junior Hockey League. It touts itself as the top development league for the NHL.

There are 60 teams in the CHL stretching from Victoria to Halifax and including eight teams based in the U.S. More than 1,300 players ranging from age 16 to 20 play in the CHL's leagues, which comprise both privately owned and community-owned clubs.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't try to work out the best way to tackle a difficult situation, just do what feels right now. Fate will guide you in the right direction.

♉ Taurus
April 21 - May 21
The approaching eclipse marks either a turning point or a point of no return. Which it is depends on your attitude. What goes out of your life over the next few days you really no longer need.

♊ Gemini
May 22 - June 21
You cannot escape your commitments but you can make life easier for yourself by taking a more active interest in the events of everyday life.

♋ Cancer
June 22 - July 23
Pluto in your opposite sign of Capricorn is testing how strong your friendships and relationships are. What happens this week makes clear who you can trust, and love.

♌ Leo
July 24 - Aug. 23
You know what needs to be done and you know it must be done now. So get your act together and get moving — then don't stop.

♍ Virgo
Aug. 24 - Sept. 23
You are about to embark on a highly positive phase. There is every reason to feel optimistic about the future — well, your future anyway — so cheer up.

♎ Libra
Sept. 24 - Oct. 23
You can continue to deny you have a problem but that won't make it go away. The planets urge you to face what needs to be changed in your life.

♏ Scorpio
Oct. 24 - Nov. 22
You need to put minor disagreements behind you so you can see new possibilities. Everything will change over the next few days. Will it change for the better? That depends entirely on you.

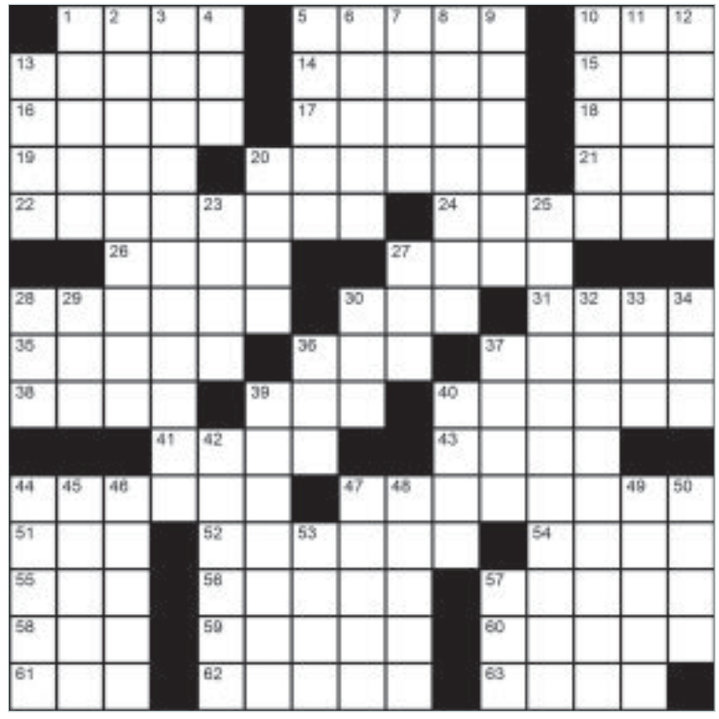
♐ Sagittarius
Nov. 23 - Dec. 21
Have allowed your mind to get stuck in a rut? The only person who can make things fresh and exciting again is you.

♑ Capricorn
Dec. 22 - Jan. 20
You have to make a decision that affects the lives of friends and family and loved ones. Think carefully before making your move — then act decisively. The universe is behind you all the way.

♒ Aquarius
Jan. 21 - Feb. 19
You don't have to start again from scratch with nothing. What you need to make your life happier is right there in front of you.

♓ Pisces
Feb. 20 - March 20
The most important thing today is that you believe in yourself 100 per cent. All things are possible, for you anyway.

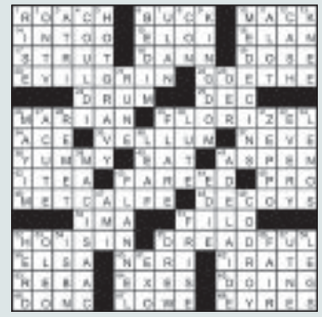
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. MLB officials
5. Wings hit: "_ __"
10. "__ Day": Hit by #24-Across
13. Don a dress for fit: 2 wds.
14. Shampooing direction
15. __ trip
16. Q. "What did you have for breakfast?" A. "_ __ of cereal."
17. __ _ Sketch
18. Toronto-born Senator Mr. Eggleton
19. Rate
20. "If this __ __ leather, I don't want it." ...said the vegan purse purchaser
21. Look
22. Bewitch
24. Canadian singer/songwriter Daniel
26. Certain cloud
27. Late comedian Richard
28. Margarine-in-a-container amount
30. Possessed
31. Recipe amt.
35. Modern English's "_ __ With You"
36. Dr. Vivienne __, retired Canadian Senator
37. Brit pop group, _ __7
38. Mackerel sort
39. "Hee __"
40. Composer George M.'s
41. Quash
43. Federal org. concerning broadcasting
44. Bob __ (Premier of the N.W.T.)
47. Comment giver
51. Everybody
52. Ms. Fanning
54. Latin hymn: "Dies __"
55. Excessively
56. Andes animal
57. New Zealand language
58. Brick foliage
59. White-plumed heron
60. __ Barkley, President Truman VP
61. Mr. Beatty
62. Guitarist's highlights
63. Secondhand

Down
1. "__ Cowboy" (1980)
2. Claire Holden Rothman book, a 2014 Governor General's Literary Awards finalist: 2 wds.
3. Celine Dion song, with The, that goes "The whispers in the morning...": 3 wds.
4. Lorne Michaels' gig
5. Street type, briefly
6. Bishop's hat
7. Without repetition
8. _-__, like Montreal's 1976 Summer Games stadium
9. SNL alum Kevin
10. Scary creature
11. Think alike
12. Adorer
13. Record
20. Global, briefly
23. Stuck in _ __
25. Salem's historic happenings: 2 wds.
27. T.O. baseballer
28. __-Tac-Toe
29. Apricot-like Japanese fruit
30. In what manner?
32. 1991 movie about a Jesuit priest in New France: 2 wds.
33. Daylight giver
34. TV network
36. Rocket launch site
37. Marsh bird
39. 2004 Viggo Mortensen horse flick
40. Shania Twain trophy, e.g.
42. Lots and lots
44. Montreal 'morning'
45. Garlic segment
46. Architect, Frank __ Wright
47. Shakespeare title guy
48. States: French
49. Dog-__
50. Harness
53. Mr. Malden
57. Egyptian __ (Cat breed)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

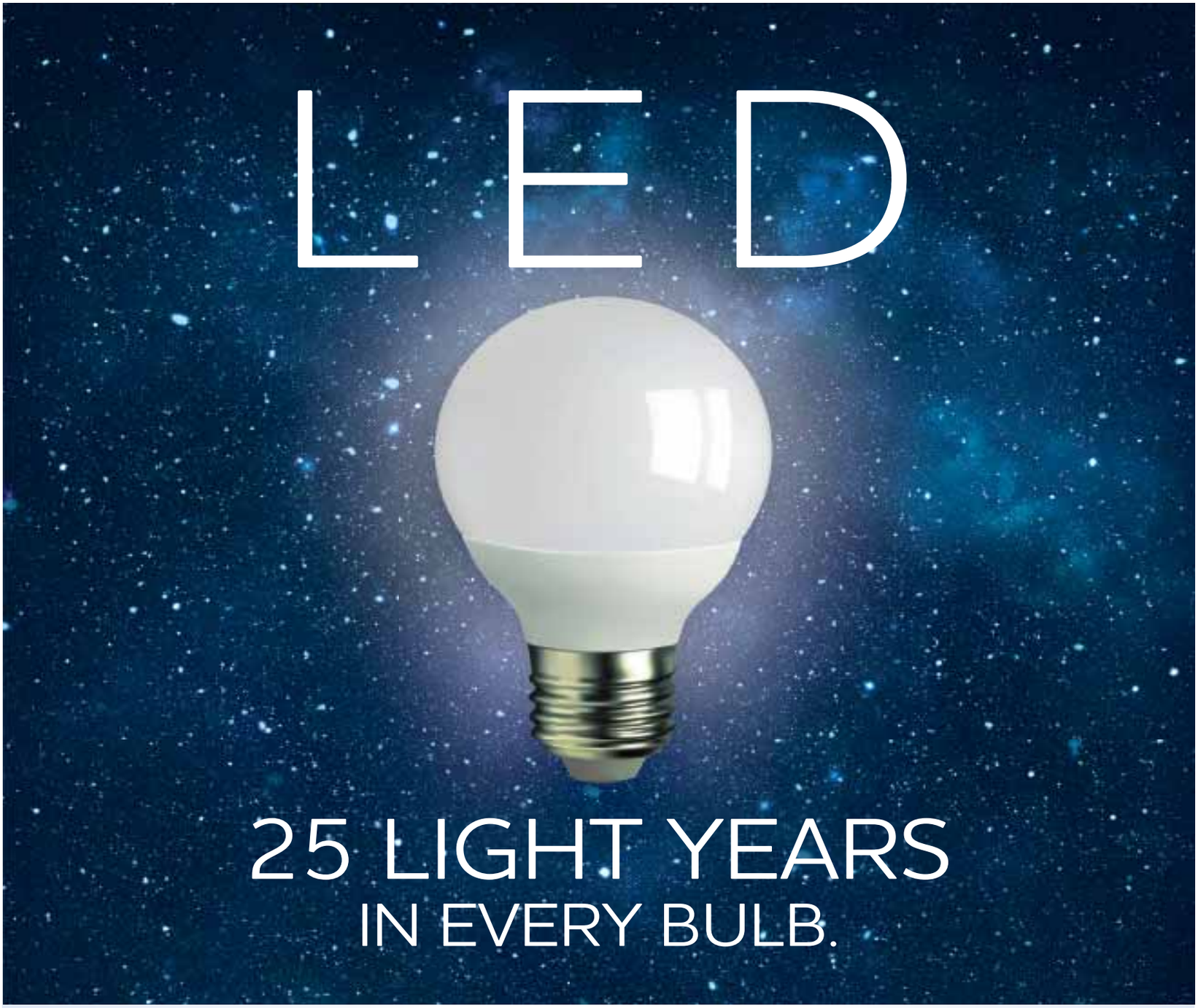
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8				2			
2			1	4		9	5	
4		5					3	
	9	6		2				
			3		5			
				9		8	7	
	7					5		1
	5	4		7	6			3
			2				9	

Yesterday's Sudoku

3	7	8	9	1	4	2	5	6
6	4	2	5	7	8	1	9	3
5	9	1	2	6	3	8	4	7
2	3	4	8	5	7	6	1	9
1	6	9	3	4	2	5	7	8
8	5	7	6	9	1	4	3	2
9	2	3	1	8	5	7	6	4
7	1	6	4	2	9	3	8	5
4	8	5	7	3	6	9	2	1

RECYCLING REMINDER
#8
A reusable bag only needs to be used 5 times to have a lower environmental impact than plastic.
Make the break.
SimplyRecycle.ca
MMSM
Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING



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